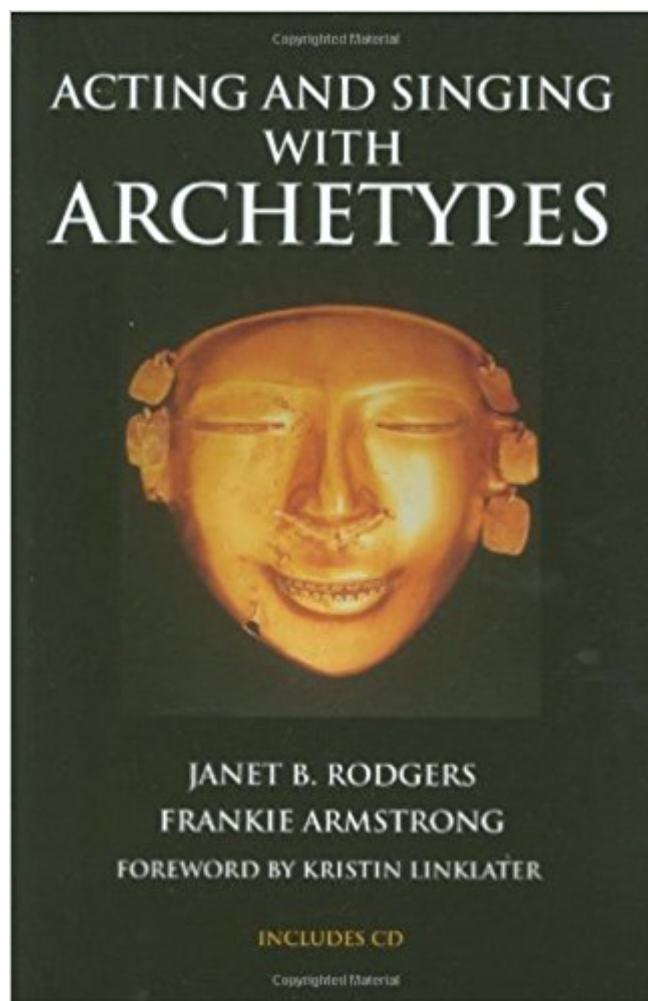


The book was found

# Acting And Singing With Archetypes



## Synopsis

(Limelight). The journeys in Acting and Singing with Archetypes are based on the Voices of the Archetypes and Myths workshops that Frankie Armstrong has conducted throughout Europe, Australia, and the United States. Primarily geared toward theatre teachers, directors, and theatre workshop leaders, this groundbreaking, interactive book with an accompanying CD shows actors and singers how to expand their creative choices by taking journeys to find the archetypes within themselves. Archetypes are universal essences that we all recognize: the Mother, the Lover, the Trickster, the Spiritual and Temporal Leader. Each one is not a fully developed character but rather its essence images, forms, voices, bodies and psychological elements around which a performer can organize a portrayal and begin full character development. The first part of the book contains sixteen archetype journeys. Each archetype journey is accompanied by preparatory explorations for the voice, body, and imagination. The CD, sung by Ms. Armstrong, provides songs and examples of vocal ornamentation to prepare and assist the journeyer. The second part of the book contains suggestions on how to apply the discoveries to real acting situations, explaining how to use the archetypes in the creation of multifaceted characters and in classroom explorations such as mask making, improvisation, monologue, scene and song work, and devising theatre.

## Book Information

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## Customer Reviews

Janet B. Rodgers is a past president of VASTA, the Voice and Speech Trainers Association. She earned her BA in theatre at Mount Holyoke College and her MFA in theatre from Brandeis

University. She has taught in both the United States and Europe and is currently professor of theatre and director of the graduate MFA program in voice and speech pedagogy at Virginia Commonwealth University in Richmond, VA. She is editor of the Complete Voice and Speech Workout (Applause Books) and has written for American Theatre. Frankie Armstrong has been singing professionally since 1964. In 1975 she began her pioneering voice workshops based on ethnic styles of singing. She has sung and run workshops all over Europe as well as in North America and Australia, working with community groups, with theatre companies, and in every kind of setting from hospitals to the National Theatre Studio in London. She has made ten solo albums; written her autobiography, *As Far as the Eye Can Sing*; and edited, with Jenny Pearson, a collection of essays entitled *Well-Tuned Women*. For more information, see [frankiearmstrong dot com](http://frankiearmstrong.com).

This book was written for an audience of actors, but as someone who is not an actor, but nonetheless does work with archetypes I found it to be a valuable read, with useful exercises that can be applied to more than just acting. I like that the authors drew on perspectives of movement such as Laban's work, but also that they made their work very accessible. This is a book I'd recommend to a counselor, actor, artist, or the magician who wants to take a different approach to his/her magical workings.

Absolutely love this book. An incredible exploration for an actor (or singer) interested in exploring Archetypes. Best when you are using this in a class room setting or with a group of fellow performers- but an informative read alone. Mostly a guide line for how a workshop or class room style exploration of archetypes should go. Bought my own set of archetype cards I was so inspired after this book haha.

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